

Health Risks Among Rhode Island Adults in 2003

Rhode Island Department of Health
Office of Health Statistics
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Introduction

Information is presented here on health risks reported in 2003 among adult Rhode Islanders, based on data from Rhode Island's Behavioral Risk Factor Surveillance System (BRFSS).

About the BRFSS: The BRFSS is a telephone survey administered in all 50 states and 4 U.S. territories with funding and specifications from the Centers for Disease Control and Prevention (CDC). The BRFSS monitors the prevalence of behavioral health risk factors that contribute to the leading causes of disease and death among adults 18 years and older in the United States. Rhode Island has participated in the BRFSS since 1984.

Rhode Island's BRFSS: From January through December 2003, the Rhode Island BRFSS conducted approximately 338 random-digit dialed telephone interviews each month, for a total of 4,053 during the calendar year. The sample was comprised of 1,579 males and 2,474 females; 1,771 were aged 18-44 years, 1,395 were 45-64, and 836 were aged 65 or older. Rhode Island's 2003 survey was conducted by a professional survey organization under contract to the Rhode Island Department of Health.

In this Report: This report presents data on fifteen health indicators for Rhode Island adults in 2003 -- three on access to health care, five on health risk behaviors, and seven on "quality of life." The data are presented by gender and by age groups. "Error" bars represent the 95% confidence limits around the values calculated from the sample data. A 95% confidence limit means there is only a 5% chance that the true value is NOT included within the span of the error bar.



This work was funded in part by the Behavioral Risk Factor Surveillance System Cooperative Agreement #U58/CCU100589 from the Centers for Disease Control and Prevention. This report and other Rhode Island BRFSS data are available on the Rhode Island Department of Health web site: www.health.ri.gov. For more information on survey methodology, definitions of health risks, or national or state data, visit the BRFSS web site at www.cdc.gov/brfss or contact the Office of Health Statistics, Rhode Island Department of Health (Phone: 401-222-2550). This report was prepared by Yongwen Jiang, Ph.D., Jana E. Hesser, Ph.D., and Kathy Taylor.

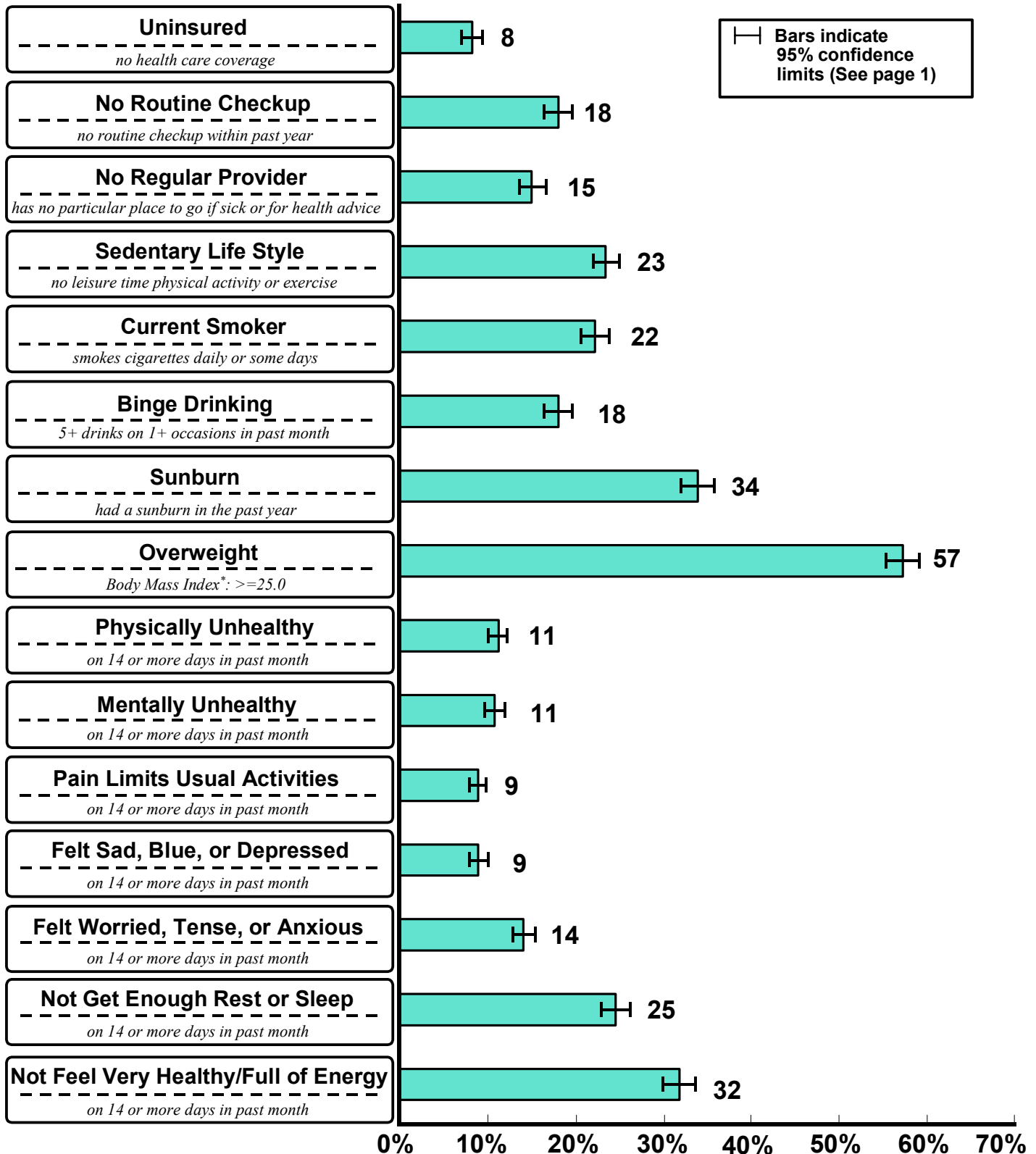
Highlights

- ❖ More than 1 in 2 Rhode Island adults are overweight, 1 in 3 had a sunburn in the past year, close to 1 in 4 engage in no leisure time physical activity, 22% are current smokers and 18% are binge drinkers. Eight percent lack health care coverage, 18% have not had a routine checkup in the past year, and 15% have no regular health provider. For 14 days or more in the prior month, 1 in 4 adults reported not getting enough rest or sleep, 14% felt worried, tense or anxious and 9% felt sad, blue, or depressed (Figure 1).
- ❖ Men have higher rates than women for the 3 access to care health risks. Two-thirds of men are overweight compared with about a half of women; a higher proportion of men than women report one or more sunburns in the past year; and 1 in 4 men are binge drinkers compared with 1 in 10 women. Women are at higher risk than men for a sedentary life style, and women have higher rates than men for 6 of the 7 health-related "quality of life" risks (Figure 2)*.
- ❖ The prevalence of 7 of the 15 health risk indicators is highest among younger adults (those ages 18 – 44) and decreases in each subsequent age group (45 – 64, and 65+). This is true for the three access to care indicators, for three of the behavioral risks (sunburn, current smoker, binge drinking), but for only one of the "quality of life" risks (not enough rest or sleep for 14 or more days in the past month) (Figure 3)*.
- ❖ Middle-aged adults had the highest prevalence rates for three risk indicators: overweight; sad, blue, or depressed for 14 or more days in the prior month; and worried, tense, or anxious for 14 or more days in the prior month (Figure 3)*.
- ❖ The prevalence of some risk factors is higher in older age groups. These include: sedentary life style, overweight, 14 or more physically or mentally unhealthy days in the prior month, and 14 or more days in the prior month that pain limits usual activities (Figure 3)*.

**The above associations between health risks and gender and health risks and age groups are all statistically significant (χ^2 test, $p < 0.05$).*

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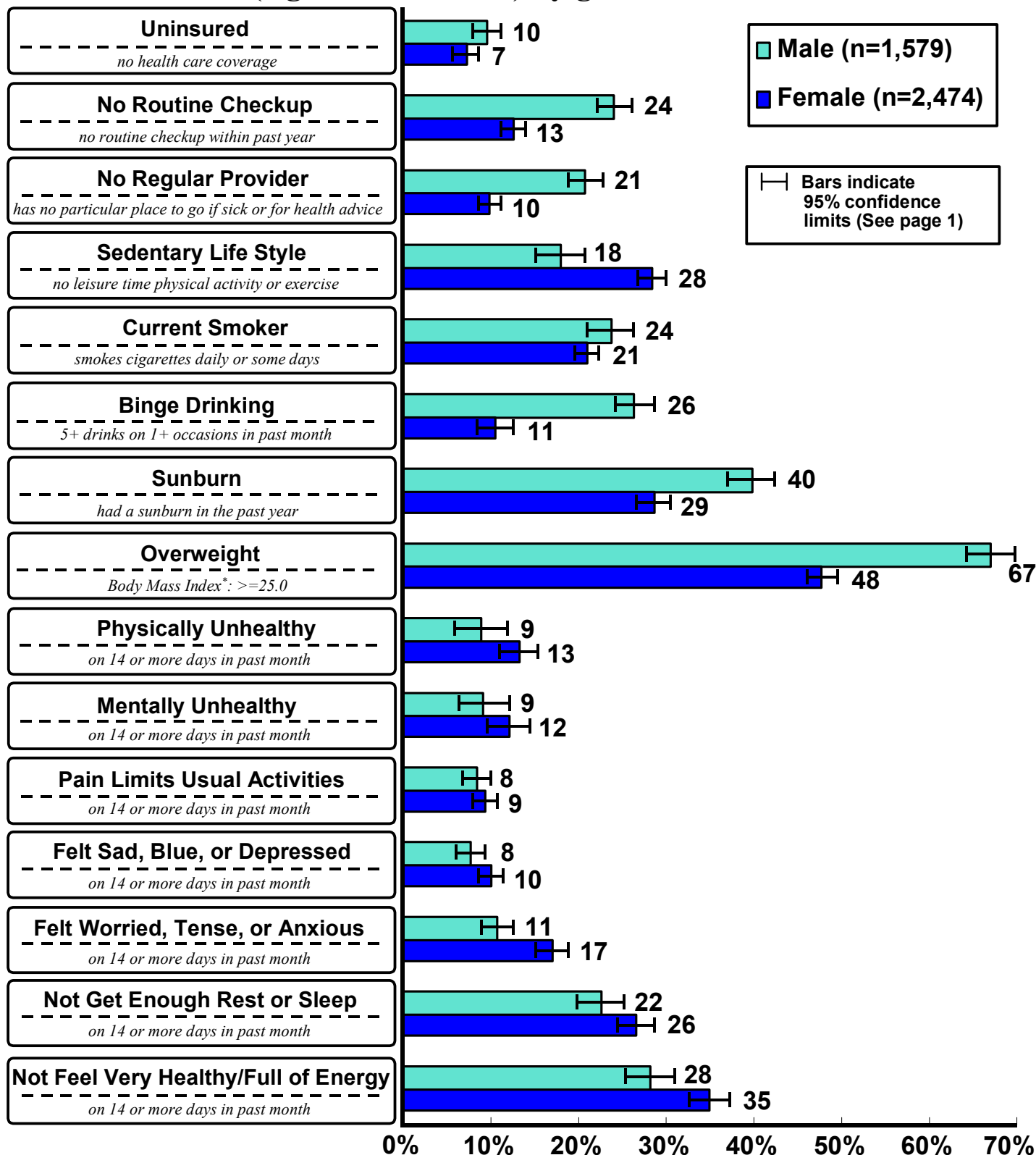
Figure 1
Health Risks Among Rhode Island Adults
 (Ages 18 and older) -- 2003



Source: 2003 Rhode Island Behavioral Risk Factor Survey (n=4,053)

* Body Mass Index = weight in kilograms/(height in meters)²

Figure 2
Health Risks Among Rhode Island Adults
 (Ages 18 and older) by gender -- 2003



Source: 2003 Rhode Island Behavioral Risk Factor Survey (n=4,053)

* Body Mass Index = weight in kilograms/(height in meters)²

Differences for all variables are statistically significant (p<.05) with the exception of "Pain Limits Usual Activities".

Figure 3
Health Risks Among Rhode Island Adults
 (Ages 18 and older) by age groups -- 2003

